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NANJEMOY Community CENTER

Activity & Event Newsletter

301-246-9612 • 301-609-7639 • 301-753-1647 ☀ 4375 Port Tobacco Rd • Nanjemoy, MD 20662

Hours: Monday & Wednesday: 8:30 a.m.–8 p.m. • Tuesday, Thursday, & Friday: 8:30 a.m.–4:30 p.m. | www.CharlesCountyMD.gov

Your Medication List:

It Can Save Your Life

Keeping an up-to-date medication list, and sharing it with your pharmacist and doctors, is a great way to help safeguard your health, says the U.S. Food and Drug Administration. Be sure to include supplements and over-the-counter medications in addition to prescription meds.

Talk to your healthcare team about your medical conditions, health concerns and all your medications, health concerns and all your medications. The more they know, the more they can help you—and decrease your chances of taking two or more medications or supplements that can be dangerous when taken together.

Your medication list should include the dosage, reason for taking the medication and the name of the doctor who prescribed it, in the case of a prescription medication.

Request a “medicine check-up” at least once a year. Go through your medicine cabinet to get rid of old expired medicines and ask your doctor or pharmacist to go over all of the medicines you take now.



A Holiday Message

We hope the beauty of this season will be with you and your families throughout the year. Please let us know how we can continue to help your community throughout 2018. Best Wishes, from Senior Center Staff, Department of Community Services Aging and Human Services Division.

Holiday Schedule

Nanjemoy Community Tree
Lighting Program on
December 3

Annual Waldorf Jaycees
Christmas Party on
December 13

Nanjemoy Senior Center
Holiday Party on
December 18

Center Closed for Christmas on
December 24 & 25

Center Closed for New Year's on
December 31 & January 1

*Happy
Holidays*

Activities & Classes

Activities & Classes

Movie Matinee

The Bannister family's new addition, Zeus (voiced by Mario Lopez of TV's SAVED BY THE BELL), the yellow Labrador, appears to be less than the dependable guard dog that the family needs.

Thursday, Dec. 6, 10 a.m. Fee: FREE

Emergency Preparedness

The winter can bring about several different types of weather. Make sure you are not left out in the storm by learning helpful tips.

Monday, Dec. 10, 10-11 a.m. Fee: FREE

Council Meeting

Join us and see what's happening in Nanjemoy and at the Center.

Monday, Dec. 3, 10-11 a.m. Fee: FREE

Nickel Bingo

Try your luck, take a chance playing bingo at the Center.

Mondays, 1 p.m. Fee: 5¢ per card

Wednesdays, 1 p.m. Fee: 5¢ per card

Register of Wills

Loraine Hennessy works within Charles County Government as the Register of Wills assisting the public with administrative processes concerning estate of deceased person.

Wednesday, Dec. 5, 10-11 a.m. Fee: FREE

Book Club: Cinderella Dress

Debut novel by Shonna Slayton tells a sweet romantic fairytale of family heirlooms, secrets, a mysterious steamer trunk and a dress which belonged to the real Cinderella! The story takes place in 1944 and follows Kate who wants to do her part for the war effort, but her mother insists on sending her to audition for roles she never gets. If the family secret is true, Kate might be auditioning for the most important role of her life!

Wednesday, Dec. 12, 19, 10-11a.m. Fee: FREE

Senior Information & Assistance

Julie Hammonds, Information and Assistance Specialist, will be here to help seniors understand services and benefits.

Thursday, Dec. 20, 10:15 a.m.- Noon Fee: FREE

Special Event

Council Quarter Auction

A quarter auction for all your gift-giving needs. This council fundraiser will include new to lightly used items. Bids will be taken in increments of one quarter for each item. Don't miss this fun event.

Wednesday, Dec. 12, 11 a.m. -2 p.m.

Fee: Your winning Bid

Wellness

Quiet Your Mind

Dealing with family during the holidays can be difficult. Learn techniques to preserve family harmony during the holidays and ward off stress.

Tuesday, Dec. 4, 10 – 11 a.m. Fee: FREE

Christmas Nuts

We have grown up with nuts as a part of our holiday traditions. Roasted chestnuts, fruit cake covered in pecans, sugar and spice nuts for gifts plus family recipes passed down using nuts in holiday dishes.

Tuesday, Dec. 11, 10-11 a.m. Fee: FREE

First Aid for the Holidays

Most accidents happen during the holidays season. Join us as we share first aid tips.

Thursday, Dec. 6, 12:45-1 p.m. Fee: FREE

Keep Warm with Frozen Veggies

Trying to get vegetables into your diet? Join us as we uncover ways to get your daily serving of frozen vegetables into homemade soup.

Thursday, Dec. 20, 10-11 a.m. Fee: FREE

10 Best Cereals You Can Eat

You have heard it said that breakfast is the most important meal of the day. With all the food-labeling loopholes, selecting a healthy cereal can be tricky. We will preview for you the 10 Best and the 10 Worst cereals.

Wednesday, Dec. 26, 10-11 a.m. Fee: FREE

Arts & Crafts

Wreath

Monday, Dec. 3, 10 a.m. Fee: FREE

Christmas Ornaments

Tuesday, Dec. 11, 10 a.m. Fee: FREE

Angels

Monday, Dec. 17, 9:30 a.m. Fee: FREE

Fitness Classes

Group Fitness with LaMont

Promotes strength using weight resistance for range of motion and functional movement. Can be done seated or standing.

Mondays, 11 a.m. Fee: FREE

Tai Chi with Kyle

Guides you through gentle movements in various positional changes. Can be done seated or standing.

Tuesdays, 11 a.m. Fee: FREE

Breathe Easy with Dawn

Learn different breathing techniques for relaxation and increased lung capacity.

Tuesdays, 1 p.m.

Fee: FREE

Group Fitness with Nate

Fun and motivating designed for strength and flexibility. Can done seated or standing.

Wednesdays, 11 a.m. Fee: FREE



Gold & Silver Holiday Party

Tuesday, Dec. 18, 11 a.m. –2 p.m.

Fee: \$6

Indian Head Senior Center will be joining to celebrate with Parrot Bay Trio band. They will sing popular songs you enjoy hearing during the holiday season.

A delicious luncheon will follow. Reservations required by 10 a.m. Wednesday, Dec. 12, 2018.



DECEMBER 2018

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Visit www.CharlesCountyMD.gov/CS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Computer Lab..... 8:30 Fitness Room..... 8:30 Billiards Drop In 8:30 Walking Club.....9:15 Board Games..... 9:30 Fitness w/La Mont..... 11:00 Nickel Bingo 1:00	Computer Lab..... 8:30 Fitness Room..... 8:30 Billiards Drop In 8:30 Walking Club.....9:15 Board Games..... 9:30 Tai Chi 11:00 Breathe Easy 1:00	Computer Lab..... 8:30 Fitness Room..... 8:30 Billiards Drop In 8:30 Walking Club.....9:15 Board Games..... 9:30 Fitness w/Nate 11:00	Computer Lab..... 8:30 Fitness Room..... 8:30 Billiards Drop In 8:30 Walking Club.....9:15 Board Games..... 9:30	Computer Lab..... 8:30 Fitness Room..... 8:30 Billiards Drop In..... 8:30
3 Council Meeting..... 10:00 Arts & Crafts 10:00 Nickel Bingo 1:00 Annual Tree Lighting ... 6:00	4 Quiet Your Mind..... 10:00	5 Register of Wills 10:00 Nickel Bingo 1:00	6 Movie Matinee: The Dog Who Saved Christmas. . 10:00 First Aid for the Holidays 12:45	7 Craft Corner..... 10:00
10 Emergency Preparedness 10:00 Nickel Bingo 1:00	11 Arts and Crafts 10:00 Breathe Easy 1:00	12 Book Club..... 10:00 Council Quarter Auction11:00 Nickel Bingo 1:00	13 Jaycee's Annual Christmas Party 10:00 Senior Center Closed	14 Craft Corner..... 10:00
17 Arts & Crafts 10:00 Nickel Bingo 1:00	18 Silver & Gold Holiday Party.....11:00-2:00	19 Book Club..... 10:00 Nickel Bingo 1:00	20 Keep Warm with Frozen Veggies..... 10:00 Senior Information & Assistance 10:15	21 Craft Corner..... 10:00
24 Christmas Eve Center Closed	25 Christmas Day Center Closed	26 10 Best Cereals You Can Eat 10:00 Nickel Bingo 1:00	27 Popeye Chicken Box Lunch..... Noon	28 Craft Corner..... 10:00
31 New Year's Eve Center Closed				

PROGRAMS FOR:



ALL AGES



SENIORS



ADULTS



YOUTH



TOTS & YOUNGER CHILDREN

NANJEMOY Community CENTER

The Charles County Department of Community Services is pleased to offer this edition of the Nanjemoy Community Center Newsletter, a monthly publication listing events and programs.

GET CONNECTED!



www.CharlesCountyMD.gov

Department of Community Services

8190 Port Tobacco Road, Port Tobacco, MD • 301-934-9305
Maryland Relay: 7-1-1 (Relay TDD: 1-800-735-2258)

About Charles County Government

The mission of Charles County Government is to provide our citizens the highest quality service possible in a timely, efficient and courteous manner. To achieve this goal, our government must be operated in an open and accessible atmosphere, be based on comprehensive long- and short-term planning and have an appropriate managerial organization tempered by fiscal responsibility. We support and encourage efforts to grow a diverse workplace. Charles County is a place where all people thrive and businesses grow and prosper; where the preservation of our heritage and environment is paramount; where government services to its citizens are provided at the highest level of excellence; and where the quality of life is the best in the nation.

It is the policy of Charles County to provide equal employment opportunity to all persons regardless of race, color, sex, age, national origin, religious or political affiliation or opinion, disability, marital status, sexual orientation, genetic information, gender identity or expression, or any other status protected by law.

AMERICANS WITH DISABILITIES – The Department of Community Services welcomes the participation of individuals with disabilities. As with all County Government, we comply fully with the Americans With Disabilities Act in making reasonable accommodations to encourage involvement. If you require special assistance and would like to participate in our programs, please contact the Department of Community Services.

Publication Changes & Cancellations – Programs and activities have been confirmed at the time this publication goes to press. However, changes or cancellations can occur. For information, check with the Center that has scheduled the program.

Inclement Weather Policy – When Charles County Public Schools are closed due to inclement weather, the Nanjemoy Community Center will be closed. The center does not necessarily open late or close early as with Public Schools. Tune in to local radio and television for closing announcements. You may also call the inclement weather line, 301-934-9305, ext. 5197.

A Sincere Thank You

from the Nanjemoy Community Center Council ...

...to the Oxon Hill Bicycle & Trail Club for a generous \$500 donation. On Labor Day, the Oxon Hill Bicycle & Trail Club hosted its 18th Annual Indian Head 100. More than 900 bicyclists participated covering routes of seventeen, twenty-six, forty, fifty-six, seventy and one hundred miles. The longer routes took riders through Nanjemoy with rest stops at the Oak Grove Baptist Church, Christ Church and Old Durham Parish. Cyclists enjoy riding the scenic roads of Western Charles County including the Nanjemoy peninsula. The success of this ride includes the patience of drivers in the Nanjemoy region. The cyclists greatly appreciate the community support.

A Sincere Thank You

Annual Tree Lighting Program

Join family and friends as we light the tree at Mt. Hope/ Nanjemoy Elementary School. Enjoy Holiday music performed by the school chorus. A certain jolly old elf is scheduled to visit, refreshments to be served.

Monday, Dec. 3, 6:00-7:00 p.m.
Fee: FREE

Get ready for Medicare D Open Enrollment

October 15 through December 7, 2018

Open enrollment is the time for Medicare beneficiaries to review their Medicare Prescription Drug Plan and to make changes to their plans. New beneficiaries can select a plan and learn how it works while existing enrollees can update their plans. Open enrollment begins October 15 and ends December 7. Schedule an appointment, call 301-609-5712.

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